

15. July, 2021

Problems from last week:

Side control:

your knee doesn't control opponents hip well →

switch to hip-to-hip-control like in this video by Xande Ribeiro:

<https://www.youtube.com/watch?v=iZAs-ZrjsdQ>

Single leg take down (Giancarlo Bodoni, Lucas Lepri)

1. Break opponents grip
2. Two-on-one on opponents arm (strong grip on biceps and strong pull)
3. Snatch opponents leg as they pull back (Gable grip to protect wrist)
4. Switch one grip around opponents back
5. Drop your inside knee and base out (or lock his back leg with your forward leg if u can)

Principles:

Constant driving force (keep your opponent always hopping)

Minimize space in between (head close to opponent → no chance for guillotine)

Links:

<https://www.youtube.com/watch?v=k2nVWGAr3aY>

<https://www.youtube.com/watch?v=SlirdtXkaHo> (first 6 mins)

Side control principles:

1. Block opponents hips
2. Keep opponents back flat (twist their face with your shoulder)

Kimura from side control (John Danaher)

Kimura grip

Bring your hip over opponents shoulder

Turn in over the opponents hand, rotate your hips, backstep, tripod

Sweep your bottom knee under opponents head and step across center line (head)

Elbow to elbow

Pull the elbow

Principles:

Push and pull forces (more pull rather than push to do the Kimura from side control)

Americana from side control

- if opponent grabs your head trying to escape →

trap his hand → apply reverse Kimura (Americana)

Links:

<https://www.youtube.com/watch?v=p-6lmaseoGI>

Download at: <https://github.com/DiTscho/bjj>